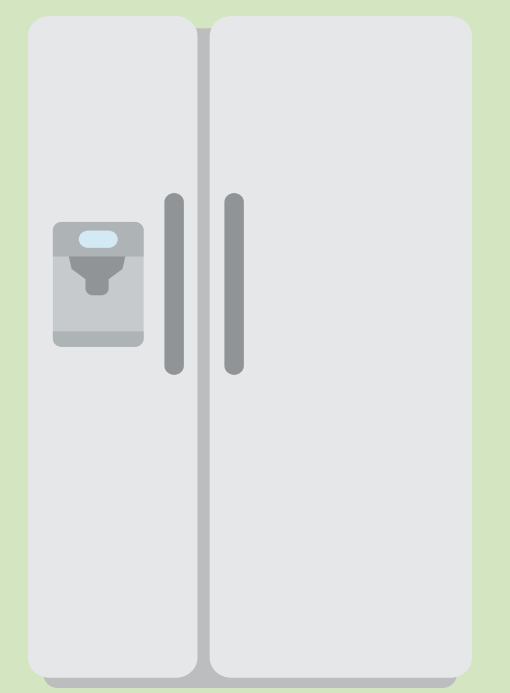


# FOOD SKILLS TO FIT THE BUDGET



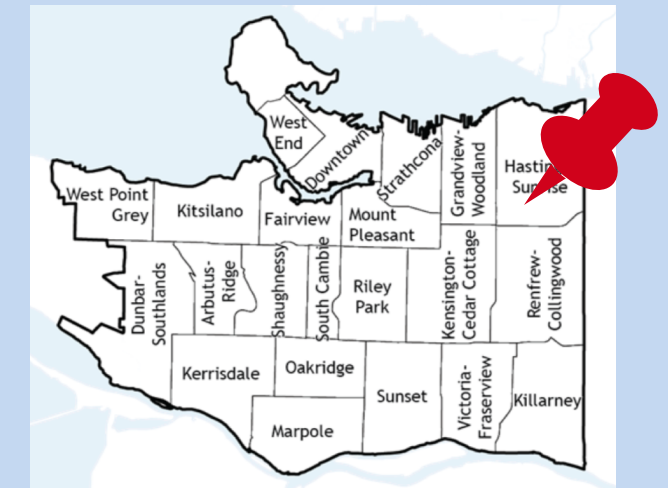
HASTINGS-SUNRISE COMMUNITY FOOD NETWORK (HSCFN) X LFS 350



## ABOUT HSCFN



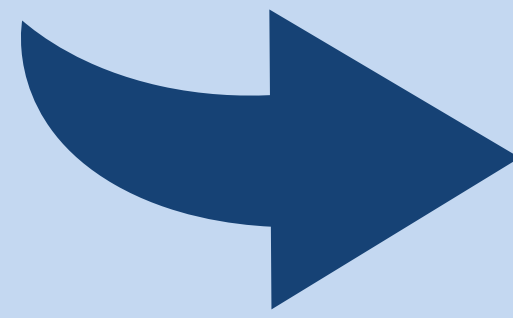
HSCFN holds food program initiatives to help :  
connect & increase access to affordable food in the Hastings-Sunrise community  
&  
build a just, sustainable & resilient food system in the community (1)



## THE ISSUE

# 11.8%

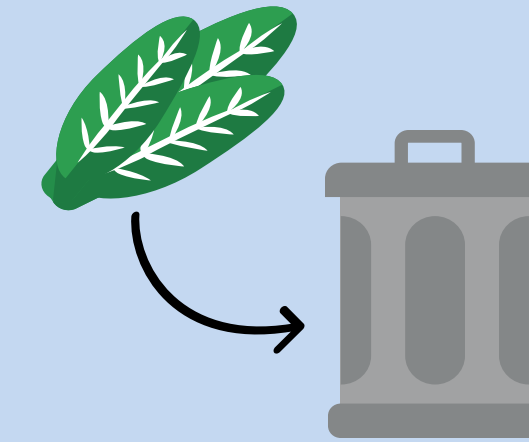
of households in British Columbia are considered to be food insecure (2)



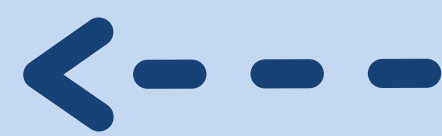
Recipients of community food programs don't know how to use all of the food they receive



Results in food being thrown away, re-donated or exchanged



Enhances Food Literacy



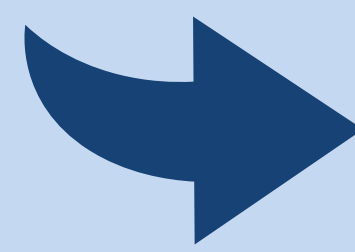
## WHY DOES THIS MATTER?

Food skills & knowledge can enhance individuals' ability to utilize foods in creative ways, helping them make delicious, satisfying and diverse meals

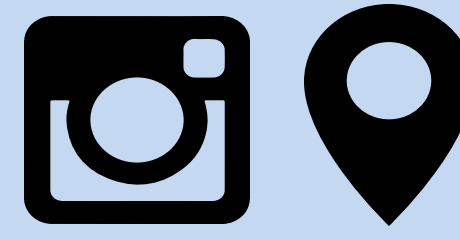


## OUR APPROACH

to create a Food Skills Guide as a resource to food knowledge



HSCFN+COMMUNITY MEMBERS MEET UP



LOCATE LOW-COST PRODUCE BAGS  
Photos of \$1 bags on Instagram

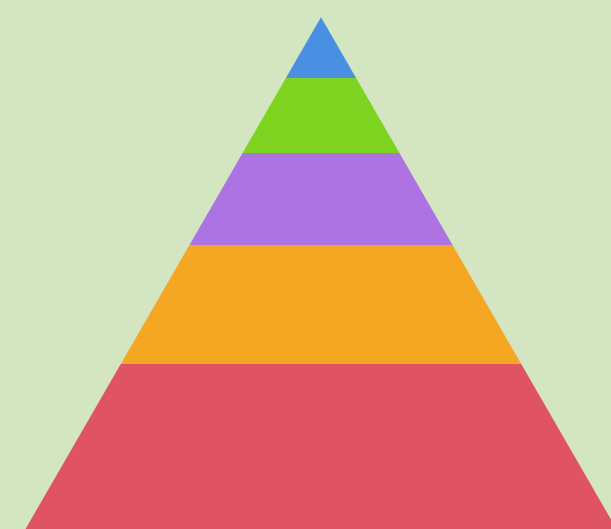


FOOD-BANK COOKING CHALLENGE  
Cook with limited ingredients +\$1 produce bag items

## WHAT WE FOUND

### Top 5 Produce found in \$1.00 Bags

- Apples (32.14%)
- Oranges (23.21%)
- Peppers (17.86%)
- Lettuce (14.29%)
- Bananas (12.50%)

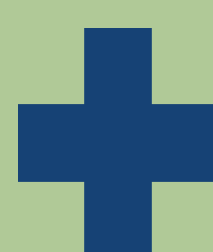
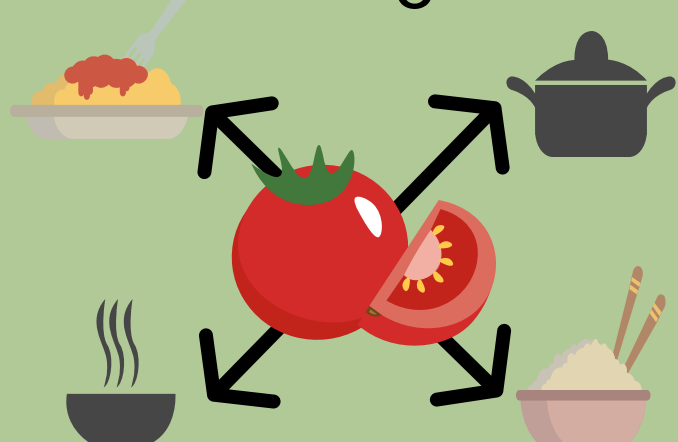


\$1.00 bags found at: Walmart, Superstore, Donald's Market, Kin's Farm Market, & Famous Foods

- Produce bags can be a cost-effective way to cook meals & increase vegetable + fruit intake
- Even with a limited amount of ingredients, a variety of diverse, creative meals can be created
- Individuals may want to learn how to use a certain food or want to try something different -> Food Skills Guide can be a resource

## TAKE HOME MESSAGE

Understanding different ways of using food to get creative with cooking meals



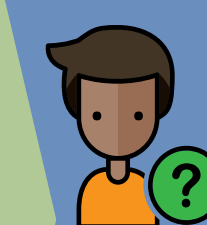
Increasing awareness to cost effective food options

- \$1 bags can be sustainable food source options on a limited budget



Increases access to healthy, affordable food

## WHAT'S NEXT



Will the guide be accessible to the community members who need it most?

HSCFN can expand on the Instagram & develop a physical booklet that locates low-cost produce in grocery stores



Visit us!  
@hscfn  
blogs.ubc.ca/hastingsunrise



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA  
Land and Food Systems

Sources  
(1) Hastings Sunrise Community Food Network (2015). Who we are. Retrieved from <http://hscfn.com/>  
(2) Vancouver Coastal Health (2016). Food insecurity in British Columbia. Retrieved from <http://www.vch.ca/about-us/news/food-insecurity-in-british-columbia>